

AFRH - G / MASTER MENUS / F-1a, MAY 2015 / CYCLE ONE - DIET LINE / WEEK OF 08 / 31 / 2015

Items with DL before the menu name indicates this item has been modified to be lower in calories, fats and/or sodium than the regular line items. The Diet Line is designed to promote healthier eating and can be used to adhere to most modified diets. Residents who require a therapeutic diet are advised to make an appointment with the Registered Dietitian for a one-on-one consultation.

	BREAKFAST	LUNCH	DINNER
M O N Aug 31st	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs/DL Turkey Bacon French Toast w/No Sugar Syrup Biscuits / DL Biscuit Gravy	DL Chili Bean Soup LF/LS Grilled Ham Steaks DL White Lima Beans & Brown Rice DL Cabbage / DL Green Beans Wheat Rolls / Cornbread	DL Chili Bean Soup DL Grilled Chicken Breast Sandwich DL Baked Potato Logs w/DL Pepper Gravy DL Normandy Blend Vegetables DL Whole Kernel Corn/ Wheat Buns
T U E S Sep 1st	DL Oatmeal / DL Cream of Wheat DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Sausage Patties DL Lyonnaise Potatoes Biscuits / DL Biscuit Gravy	DL Chicken Noodle Soup DL Turkey Meatloaf DL Mashed Potatoes w/DL Gravy DL Carrot Soufflé DL Sugar Snaps Wheat Rolls / Cornbread	DL Chicken Noodle Soup DL Baked Fish Almandine Baked Potato w/FF Sour Cream DL Succotash DL Beets Wheat Rolls
W E D Sep 2nd	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs LF / LS Grilled Ham Biscuits / DL Biscuit Gravy	DL Split Pea Soup DL Roasted Pork Loin w/DL Apples DL Baked Sweet Potatoes / Cornbread DL Speckled Butter Beans w/Okra DL Cape Cod Almandine / Wheat Rolls	DL Split Pea Soup DL Pepper Steak 'n DL Gravy DL Brown Rice Pilaf w/DL Gravy DL Steamed Cauliflower DL Broccoli Florets / Wheat Rolls
T H U Sep 3rd	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boil Eggs/DL Turkey Sausage Pancakes w/No Sugar Syrup Biscuits / DL Biscuit Gravy	DL Knickerbockers Soup DL Oven Fried & Grilled Chicken DL Mashed Potatoes w/DL Chick Gravy DL Mustard Greens DL Squash/ Wheat Rolls/ Cornbread	DL Knickerbockers Soup DL Pork Wings 'n Broth DL Asian Style Noodles DL Asian Vegetables DL Green Peas / Wheat Rolls
F R I Sep 4th	DL Oatmeal / DL Cream of Wheat DL Scrambled Egg Beaters Hard Boiled Eggs DL Creamed Ground Beef Biscuits / DL Biscuit Gravy	DL Kansas City Steak Soup DL Sautéed Shrimp over Wheat Pasta DL Potato Salad DL Baby Carrots DL Okra / Wheat Rolls / Cornbread	DL Kansas City Steak Soup DL Grilled Chopped Turkey Steak DL Baked Steak Cut Potatoes DL Spinach DL Stewed Tomatoes / Wheat Rolls
S A T Sep 5th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Bacon DL O'Brian Potatoes Biscuits / DL Biscuit Gravy	DL Potato Soup DL Ground Turkey 'n Tomat Basil Sauce DL Wheat Spaghetti DL Italian Green Beans DL Caesar Salad Wheat Rolls / Garlic Bread	DL Potato Soup DL Grilled Orange Chicken Thighs DL Brown Rice Pilaf DL Roasted Fresh Asparagus DL Mixed Vegetables Wheat Rolls
S U N Sep 6th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boil Eggs/LF/LS Grilled Ham Waffles w/No Sugar Syrup Biscuits / DL Biscuit Gravy	DL Fresh Tomato Tortellini Soup DL Sliced Roast Beef DL Vegetarian Baked Beans DL Collard Greens DL Coleslaw/ Wheat Rolls/ Cornbread	DL Fresh Tomato Tortellini Soup DL Grilled Turkey Steaks DL Mashed Potatoes w/DL Gravy DL Whole Kernel Corn/ Corn on Cob DL Brussels Sprouts / Wheat Rolls

STANDARD BREAKFAST MENU ITEMS

Bagels, English Muffins, Jelly, SF Jelly, Syrup, SF Syrup, Prunes, Bananas, Whole Fresh Fruit,
Cut Fresh Fruit, Grapefruit Sections, Applesauce, Raisins, Brown Sugar, Cinnamon Shake

STANDARD MENU ITEMS ALL MEALS

Assorted Breads, Assorted Dry Cereals, Assorted Juices, Assorted Milk, Assorted Beverages, Coffee, Decaf Coffee,
Iced Tea - w/Sugar & No Sugar, Hot Tea Bags, Butter, Margarine, Sugar, Sugar Substitute, Salt, Pepper, Assorted Condiments

STANDARD SALAD BAR ITEMS FOR LUNCH & DINNER

Available Every Day - Mixed Salad Greens, Cherry Tomatoes, Sliced Cucumbers, Sliced Red Onions, Matchstick Carrots,
Sliced Green Peppers, Bread & Butter Pickles, Whole Green Olives, Sliced Black Olives, Coleslaw, Tuna Fish, Boiled Eggs,
Cottage Cheese, Shredded Cheese, Bacon Bits / Variables - Sliced, Diced or Whole Beets, Jalapeno or Banana Peppers,
Broccoli or Cauliflower Florets, Green Peas or Edamames, Green Onions or Celery Sticks, Avocados or Baby Corns,
Chopped Nuts, Dried Cranberries or Raisins, Sunflower Seeds or Bleu Cheese Crumbles - Salmon Monday, Wednesday, Friday

STANDARD SALAD DRESSINGS

Ranch, Blue Cheese, Thousand Island, Fat Free Ranch, Italian & Catalina French, Balsamic Vinegar, Red/White Vinegar, Olive Oil

SALADS / GELATINS

Green Pea w/Carrot Salad / Strawberry
Marinated Cucumbers / Orange
Broccoli Salad / Cherry
German Tomato Salad / Lemon
Potato Salad / Raspberry
Fruit Salad / Lime
Carrot & Raisin Salad / Watermelon

DAILY SALAD BAR ROTATION

Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday

FRUITS

Sliced Peaches / Mandarin Oranges
Sliced Peaches / Tropical Fruit Cocktail
Sliced Peaches / Pineapple Chunks
Sliced Peaches / Apricot Halves
Sliced Peaches / Fruit Cocktail
Sliced Peaches / Pineapple Slices
Sliced Peaches / Pear Halves